

# Guide to OBE & Astral Projection: Astral Projection Secrets Revealed

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**5-Step Guide to Out-of-Body  
and Astral Projection:**

# **Astral Projection Secrets Revealed**



**Dr. Jill Ammon-Wexler**

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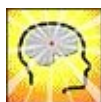
**Astral Projection Secrets Revealed**

*THIRD EDITION  
February 2012*

**By Dr. Jill Ammon-Wexler**

**<http://www.BuildMindPower.com>**

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## Preview of Contents

So — are you interested in ESP, spiritual or metaphysical insights, enlightenment, healing, remote viewing, contact with a higher reality or level of intelligence, or simply a new experience? The truth is, you can easily learn this on your own without spending hundreds of dollars for those expensive online or residential training programs.

Here's a bird's eye view of what you'll discover inside this book

**WHAT IS THIS EXPERIENCE?** Learn exactly what astral projections, out-of-body experiences, remote viewings and related experiences are, their relationship to dreaming (it's *not* what you think), and why these experiences happen to us.

**HAVE YOU ALREADY HAD ONE?** Some researchers claim we have OBE experiences literally every night while sleeping, and at least every time we have a lucid dream. Other researchers claim that 85% of us are capable of Remote Viewing, and as many as 20% of us have already had at least one complete projection/OBE already. Could that common sensation of “falling” out of sleep be evidence of such an experience?

**WHAT'S IT LIKE?** The exact step-by-step experiences you pass through during a projection/OBE are revealed. Learn how to recognize OBE sensations, why they occur, and what they're moving you toward.

**IS THIS REALLY REAL?** Learn why Einstein was *wrong* about our role in the universe, and what the exciting new findings of quantum physics mean to YOU. Discover what the US Government has concluded from millions of dollars of research into paranormal phenomena, why the United Nations recently used the services of a psychic research facility, and what today's scientific researchers have to say about OBE and remote viewing.

**STEP-BY-STEP GUIDANCE.** You'll be guided one step at a time through each of the five steps of a projection/OBE – all the way through your desired level of actual projection (or remote viewing *OR* clairvoyance) in Step Five.

**DETAILED EXERCISES.** You'll discover 17 detailed and long proven-effective exercises and techniques you can use to learn and refine your ability to create voluntary projections/OBEs — or to simply improve your native intuitive and ESP capabilities. It's up to you.

**THE POPULAR “EXIT” METHODS.** A step-by-step guide to using the most popular astral projection and OBE exit methods, including: a unique “familiar route” technique,” use of a “special motivation,” an unusual proven-effective 3-person technique, a very simple “rope” method, and Robert Monroe’s preferred techniques.

**STEP-BY-STEP PRACTICE.** Complete detailed methods of safely practicing your exit, achieving the hypnagogic state, and the partial separation techniques used by Thomas Edison, Sylvan Muldoon and Albert Einstein. The four recommended total separation methods and how to use them.

**WHAT UP IN YOUR BRAIN?** An explanation of brainwaves, what they are, how they operate, and exactly what they look like during an astral projection or OBE.

**WHAT THE RESEARCH SAYS.** What researchers have discovered about astral projections, near death, remote viewing and out-of-body experiences. An overview of military applications, and interesting recent scientific research.

**SOME SPECIAL TOOLS.** Recommended resources to help you rapidly learn projection/OBE, or experience other psi and alerted states phenomena – including how to get an amazing brainwave audio collection at “a bargain basement price” that can get you there really fast!

**REFERENCES.** A detailed list of references to the books and research reports cited in the book – many that you may wish to look up!

**ABOUT THE AUTHOR.** Information about the author of this book, how to get in touch, and other books and training programs she has created.



## Author's Forward

**PEOPLE HAVE ASKED** me why a successful doctor of psychology and pioneer brain/mind researcher would want to write a book on out-of-body experiences. That's a question I always enjoy answering. I first began to explore the connection between our brain and behavior over 45 years ago as part of an informal group of grad students that were the first to study how meditation changes the brain.

In fact, my participation in that group altered the direction of my entire life. It actually caused me to turn away from my goal of becoming a medical doctor, and instead ended up becoming one of the first neuro-psychologists (there was no name for that specialty back then).

What was so exciting about that research that it caused such a dramatic life change? The results of that early (and admittedly crude) research did something remarkable. It provided proof that contrary to what was being taught in medical school, the brain we are born with is NOT unchangeable. We had proof that something – meditation – could actually change the way the brain operates.

One aspect of my studies moved me to begin to study parapsychology and metaphysics – and this led to the realization that I had several out-of-body experiences through the years. And as I worked with my clients over the past 45 years, many of whom are top Fortune 500 executives and leading athletes and entertainers, I discovered they too could recall OBE's that had dramatically changed their lives.

So then ... why would YOU want to create conscious changes in your brain and achieve out-of-body experiences? From my own experience and the remarkable people I have worked with through the years, here's what I can tell you: Having this thrilling experience produces a profound sense of awe and wonder, and CAN change your life forever

An out-of-body experience is a practical method of personally experiencing and exploring the amazing universe we live in. It's about discovering first-hand what ancient mystics called the Akashic records, and today's scientists call the singular consciousness at the

very core of reality. Few things can have more personal value than experiencing the true nature of life first-hand.

All sorts of folks down through history have had OBEs, and there is no reason you can't do the same. These people were just like us – not gurus or magicians or ascended beings of one sort or another. Yes, there are also skeptics – but they too have probably already had OBEs (ever had a falling sensation that woke you up? You were probably “falling back into your body after an OBE.”)

This book explores the secrets of astral projection/OBE in a clear, no-nonsense way you won't find elsewhere. You'll discover proven-effective techniques for safely extending your consciousness beyond the limits of your physical body, traveling wherever you wish, or remaining in your body while you send your conscious awareness out into different dimensions to remote view.

There's no “cosmic salami” here, but rather clearly detailed step-by-step methods to prepare for, and then actually experience, OBEs, astral projections or remote viewings. Learning these techniques opens you to amazing and outrageously exciting ways to expand your consciousness and awareness.

You'll learn the 5 basic steps of the OBE experience, and then explore 17 easy methods you can use to refine your ability to master OBE and astral travel.

The benefits of astral projection and OBE are deeper than most people realize. Like any deeply transformational metaphysical or deeply religious experience, you'll have a whole new understanding of the nature of life – and a new set of beliefs and goals for your life. You will even find your everyday worries and concerns are less important. In short, you will discover a whole new and deeper aspect of yourself.

Many believe projections/OBEs are one of the highest states we can experience on a spiritual level. Others are seeking insight into healing, and many believe **Edgar Casey** entered into an OBE state to obtain his healing insights. Others like **Albert Einstein** and **Carl Jung** sought these experiences in their search for insight into complex questions.

What are YOU looking for? In the end — whether you're interested in expanded ESP or intuitive capabilities, spiritual or metaphysical insights, enlightenment, healing, contact with a higher reality or level of intelligence, or simply a new experience – projection/OBE is a powerful personal development and growth tool that can move you forward.



**This book serves as both a reference AND a guide to goal-oriented action, not just reading “about” astral projection, out-of-body experiences and remote viewing**



## Introduction

**THERE IS EVIDENCE** that you are *already* experiencing a level of the projection/OBE experience that's known as Remote Viewing (RV), OR are at least highly capable of doing so.

Dr. Chris Roe places a pair of enormous fluffy earphones over the head of a blonde 20-year-old woman. He then carefully slices a ping-pong ball in half and tapes each piece over her eyes, switches on a red light that bathes the woman in an eerie glow, and leaves the room.

After a few moments, a low hum fills the laboratory, and the woman begins to smile as images of distant locations begin to flow through her mind. She says she can sense a group of trees and a babbling brook full of boulders. Standing on one boulder is her friend Jack waving at her and smiling. She begins to describe the location to Dr Roe.

Half a mile away, her friend Jack is, indeed, standing on a boulder in a stream. Somehow, the woman has been able to see Jack in her mind's eye, even though common sense says it is impossible.

Dr. Roe, a parapsychologist based at the University of Northampton, is investigating whether it is possible to project your mind to a distant location to observe what is happening there. His early findings suggest that up to 85 per cent of us may be clairvoyant and possess remote viewing abilities. And he believes that with only minimum training, we can ALL develop psychic skills.

"Our results are significant," Roe says. "Remote viewing is something that should be taken seriously."

Could he be finding proof we all possess psychic powers of the type popularized in such films as "*Minority Report*?" Though the research is not yet complete, the results are tantalizing. His early findings suggest that up to 85 per cent of us possess some form of

clairvoyance — the ability to “remote view.” And he believes that with only a minimum of training, we can each sharpen our psychic skills.

## A Very Brief History

The concepts of “astral projection,” “soul travel” and “spirit walking” clearly date way back to very ancient times. Anthropologists feel 95% of cultures worldwide believe in some form of out-of-body experience, perhaps making it a universal phenomenon. [27]

Ancient Egyptian priests believed in the existence of a subtle body they referred to as “Ka,” and in Ancient Greece the concept of OBE was mentioned in the writings of both Plato and the historian Herodotus.

During the Dark Ages, projection/OBE went underground and was primarily taught by secret societies and mystery schools. In the 18th century Swedish scientist **Emmanuel Swedenborg** tried to systematize the study of such experiences. Then in the 19th century the French writer **Honoré de Balzac** predicted the eventual creation of a new science that would study this phenomenon.



The term “out-of-body experience” was first introduced in 1943 by **George Tyrrell** in his book, *Apparitions*. The term was adopted more recently by researchers such as **Celia Green** and **Robert Monroe** as their preferred alternative to more belief-related terms such as “astral projection,” “soul travel,” or “spirit walking.” [34]

NOTE: I hope the little references numbers throughout the book do not irritate you. I have included them to aid those who may wish to do even more research.

It would be easy to dismiss such claims as laughable, were it not for the fact that an increasing number of scientists are taking them seriously.

Dr Roe has gained the support of eminent academics like Professor **Brian Josephson**, a Nobel Prize-winning physicist from Cambridge University. Josephson says: “The experiments have been designed to rule out luck and chance. I consider the evidence for remote viewing to be pretty clear-cut.”

## Our Role in the Universe

Human consciousness is evolving and awakening to a new level of self-discovery. We are seeing ourselves as more than just our physical bodies, and as connected to the universe through nonphysical dimensions and a holographic web of limitless consciousness. Life’s experiences have taken on a new significance.

The brilliant **Albert Einstein** believed we are all passive observers living in a universe in which we had little, if any, influence. **John Wheeler**, a Princeton Physicist and colleague of Einstein, offers a radically different view of our personal role in the universe.

Wheeler says, “We had this old idea that there was a universe out there, and here is man, the observer, safely protected from the universe by a six-inch slab of plate glass.” Then – referring to the late 20<sup>th</sup> century experiments that proved just looking at something changes that thing – Wheeler said, “Now we learn from the quantum world that even to observe so minuscule an object as an electron we have to shatter that plate glass: We have to reach in there ... So the old word observer simply has to be crossed off the books, and we must put in the new word participator.” [32]

What does this mean? This is a radically different interpretation of how we are related to the world we live in. We can no longer think of ourselves as simple onlookers with no effect on the world we are observing.

Another colleague of Einstein, the late **David Bohm**, expanded this even further. He was convinced there are deeper, higher planes of creation that hold a template for what happens in our world, and that it is from these subtler levels of reality that our physical world originates. He also has a sense that the universe and everything in it – including you

and me – are part of a grand cosmic interconnected web. [33]

I find it interesting this is the same way the ancient wisdom traditions viewed reality. So, the implications of both modern quantum theory and ancient texts such as the Indian Vedas and the Dead Sea Scrolls suggest that we each operate in unseen realms where we create our own personal blueprints for the reality we see in the visible world. [9]

What a powerful concept! You may now think of yourself as an artist creating your own ever-changing reality from out of the stuff of the universe. So then – why would you NOT want to temporarily put aside the limits of your physical being and travel into this universal web of consciousness and unlimited wisdom?

So now let's proceed to how **YOU** can consciously experience remote viewing, astral projections, out-of-body experiences, psychic awareness, and all nature of our wonderful and totally natural paranormal and powers and higher levels of consciousness.



## —STEP ONE— **Understanding the Experience**

**PROJECTIONS AND OBE's** are usually rather brief experiences during which a person's consciousness is said to leave their physical body, letting them observe the world from a point of view other than the view from their normal body. Such experiences are often very vivid, resemble everyday waking experiences more than dreams, and always leave an unforgettable impression on the person who experiences them.



### **Reasons for the Experience**

A projection/OBE experience may occur for many different reasons. The most common type of experience tends to be involuntary – in which you had no intention of having such

an experience. This includes most near death experiences (NDEs). A voluntary projection/OBE, on the other hand, is the result of a conscious and intentional effort made to create the experience.

## Types of Projections/OBEs

Today many similar experiences are often lumped together under the general term “out-of-body experiences,” or “OBEs.” These include:

- Lucid dreams, where you seem to be conscious within a dream world.
- Clairvoyance, involving a “mental-only” awareness of a distant object or location.
- Sensations of separation from your physical body, floating above it, and looking down upon your physical body or a landscape.
- Near death experiences.
- Projecting and traveling outside of your body to different locations in physical time and space.
- Flying through various “astral” or spiritual planes.
- Bilocation, or a sense of your actual physical body being in two places at the same time.

**Out-of-the-Body** (OBE) refers to the experience of your conscious awareness leaving your physical body to observe the world from an independent and objective point of view.

**Astral Projection** is a more metaphysical and spiritually oriented out-of-body experience, and by definition often assumes the existence of one or more non-physical planes of existence and an associated body beyond the physical body. Astral projection is described in metaphysical and shamanic terms as the spirit, or astral body, leaving the physical body to travel into the spirit world, or astral plane.

**Near Death Experiences** (NDEs) are yet another example of out-of-body experiences. Many people have reported having the sensation of floating above their body in the hospital, and observing the actions and conversations of the medical personnel below them as an objective observer. Others have reported having a projection/OBE during a potentially fatal accident or event.

**Remote Viewing Experiences** (RVs) are experiences during which you can witness an object or person from a distant location, then accurately report on the activities of the person or the contents of what was seen during the experience. RV is a field of study and experimentation by many government and military agencies.

**Soul Travel and Spirit Walking Experiences** are related to the practice of shamanism, and can be considered in terms of either astral projection or OBEs.

**Bilocation** refers to the state of being, or to the ability, to be in two places at the same time.

NOTE: With the exception of NDEs and remote viewing, astral projections and OBEs are grouped together for convenience throughout this book as “projection/OBE” experiences.

## Typical OBE Stages

It's important to have a “global view” of the projection/OBE experience to understand the process. Based on both my personal experience and my extensive review of both personal accounts and current research studies, the typical projection/OBE usually includes several distinct stages, including:

**ONE. Deep Relaxation:** By all accounts, projections/OBEs always start from out of a sense of deep physical and mental relaxation. This is essential!

**TWO. The Hypnagogic State:** As a result of deep relaxation you settle into a state bordering sleep, but with all of your awareness still active. You briefly pass through this state each night when you “fall” to sleep. The secret with projection/OBE is to learn to be aware of this state and use it.

**THREE. The Withdrawal State:** All conscious interaction with your physical environment ceases, and any sensory inputs will go unnoticed. This is the typical experience of “zoning out” as you fall into sleep, but takes on a different meaning as you practice remaining awake and aware when this occurs.

**FOUR. A “Body Frozen” Sensation:** Your physical movement may be impaired (a common event during the sleep state). This actually happens to you every night, and is our body's natural way of protecting us as we have dreaming experiences.

**FIVE. Alternative Sensory Experiences:** You may begin to notice odd or “alternative” sensory information such as intense vibrations, noises, or being able to see through your closed eyelids. Your actual point of separation might be accompanied by a very loud noise. This unusual experience can be startling, but most people feel it is pleasant.



**SIX. Actual Separation:** Your “perceptual viewpoint” may be pulled away from the actual location of your physical body, or your consciousness may extend outward while your body remains where it is.

**SEVEN. Free Movement or Alternate Perception Stage:** A sense of movement away from your physical resting body, and a resulting “travel” experience, may occur. Your visual and mental clarity may vary from barely functional to exceptional. Or you may have a mental-only clairvoyant awareness of a distant location, or an experience of physical bilocation.

**EIGHT. Re-entry:** You will feel a desire to return to your ordinary physical body – leading to a voluntary reversal of separation, or an extremely fast involuntary “snap-back.” On occasion a transition to waking or sleeping may occur.

Actually, the absence of one or more of these stages is not unusual. **Robert Monroe**, for example, claims this sequence may become shortened with repeated projections/OBEs. [26]

## What Will You Experience?

Everyone is different, and projection/OBE experiences often also vary over time. During either an involuntary or voluntary projection/OBE you might sense your traveling body or see your resting body, or both could occur. On the other hand, you may have a remote viewing-type of experience that does not include a sense of separation from your body, or you may have an experience of deep insight with no reference to your physical state of being or alternate body.

The “typical” projection/OBE experience often includes the sensation of being in a body similar to your physical body – but while feeling an unusual sense of energy, sensing vibrations, and often hearing odd noises. On occasions, you might get a sensation of bodily “sleep paralysis” directly before your actual projection/OBE.

**Sleep Paralysis.** “Sleep paralysis” is a common component of a projection/OBE. This type of “paralysis” is actually a totally normal experience of momentarily not being able to move your arms or legs. This experience happens to you every night when you go to sleep; but you’re not aware of it since you are asleep.

Such sleep paralysis, or catalepsy, occurs at the start of sleep, and sometimes in the instant you first wake up. In addition to feeling paralyzed, you may also hear buzzing and humming noises, have a sense of a “presence,” and experience momentary feelings of pressure on your chest, and sometimes a brief sensation of floating or flying.

**Unusual Observations.** Some people report seeing and hearing things (objects which were really there, events and conversations which really took place) which could not have been seen or heard from the actual resting positions of their bodies. In the case of some military-sponsored “remote viewing” experiments, trained subjects are able to read documents locked in remote steel safes, and view military bases that may be well concealed and thousands of miles away.

**Sensations of Travel.** In some cases people say they traveled to a distant location where they saw a particular person, and were aware of being seen by that person. Afterwards the observing person said that they did see an “apparition” of the projector at that exact time. In other cases the projection/OBE is more of a non-bodily experience.

**The “Silver Cord.”** One well known astral travel writer, **Robert Bruce**, says you may see a “silver cord” tying your physical and subtle bodies together. Such a cord is often mentioned in regard to astral travel, and is said to transmit information and energy between the bodies. Bruce says the cord is seen by some projectors and not seen by others, and that it sometimes projects out from the navel, and sometimes out of the forehead. [31]



At the 1999 first International Academy of Consciousness, researchers **Wagner, Alegretti** and **Nanci** reported on a huge OBE interview survey they had conducted. Eighty-five percent of the first 1,185 respondents said they had one OBE, 37% percent said they had from two to ten OBEs, and 5.5% said they had more than 100 such experiences. Over 60% said they had experienced non-physical flight; 40% bilocated, and 38% said they were able to pass through physical objects such as walls. The most common sensations included: A preliminary sense of falling or sinking, a sense of floating, jerking of one's

limbs, numbness or tingling, sounds inside the head, clairvoyance, vibrations, and a deep sense of serenity.

**Ophiel** and many others report that moving into a projection/OBE is often accompanied by odd sounds. Ophiel feels this occurs because the sense of hearing is not carried over onto the higher planes. These sounds will often peak, and then simply fade into a constant background hiss. He advises you to simply ignore such noises, as they are basically meaningless. [18]

**Robert Monroe** describes two types of travel experiences: “Locale 1” and “Locale 2.” In **Locale 1 Experiences** your environment is primarily familiar and basically similar to your ordinary reality. Other projection/OBE authors refer to the Locale 1 reality as “etheric,” “ethereal” or “RTZ” (Real Time Zone) projections.

Monroe says that the onset of a Locale 1 experience can be a bit uncomfortable, and you may experience some very intense sensations of electrical tingling, full body vibrations and a racing heartbeat. **Locale 2 Experiences** are less physical in nature, and may overlap with lucid dreaming. You may find yourself in an unrealistic world of strange dimensions. Bright, vivid colors are a common feature. [9]

## Are You Just Dreaming?

Many projections/OBEs begin during a lucid dream, but not during normal Rapid Eye Movement (REM) dreams. People who have had this experience say they first became aware they were having a lucid dream, and only then noticed they were no longer fully present in their normal body.

There are many similarities between projections/OBEs and our normal dream state. In both cases our imagination plays an important part. However, the projection/OBE experience is very different from ordinary dreams:

**First**, a projection/OBE almost always takes place when you are awake, drowsy or drugged, but not actually sleeping.

**Second**, your imagery and activities are more logical than those you experience in dreams. What you see and the actions you take are more consistent with your normal environment, rather than the often bizarre settings and events you experience in dreams. [9]

**Third**, people typically insist that their projections/OBEs were ultra-real, and not simply dreams.

**Fourth**, the state of consciousness is nothing like the typical dreaming state of consciousness. Ordinary dreams occur in a very distinct rapid-eye-movement (REM) state, have a very unclear level of consciousness, and are only recognized as dreams upon waking. <sup>[11]</sup>

**Fifth**, a conscious sensation of your body being temporarily frozen or cataleptic may often be experienced directly before your projection/OBE. <sup>[24]</sup>



Here's something to think about: In the case of lucid dreaming, both the imagery and the state of consciousness are often similar to projections/OBEs. Could there be a possibility lucid dreams are a form of projection/OBE during which you are not aware of being “out of your normal body?” What do you think?

## What Causes Projections and OBEs?

The explanations for what “causes” a projection/OBE range from Kundalini activation ... to sickness ... to drug reactions ... or even simply deep exhaustion. Some scientists have attempted to explain these experiences in physiological or psychological terms. English psychologist **Susan Blackmore**, for example, suggests that a projection/OBE begins when you lose contact with the sensory input from your body while remaining conscious. She says you then may have the “illusion” of a separate body, but that illusion is not based on information coming from your physical sensory organs (eyes, ears, etc.) <sup>[23]</sup>

Blackmore feels that the vivid bodily and environmental perceptions we experience during

projection/OBE are the result of our brain's natural ability to create fully convincing realms, even in the absence of sensory information. She says this process is witnessed by each of us every night in the dream state. Her explanation is interesting, but fails to explain why and how such experiences occur.

**Robert Bruce**, on the other hand, views these experiences from a more spiritualistic understanding. Bruce is convinced that once your physical body has fallen to sleep, your astral body ALWAYS projects out into the physical world. Bruce feels that once your energy body has expanded, your astral body then floats free and naturally hovers just above your physical body, but stays within the expanded energy body's field of influence. Within this field, known as "cord activity range," the astral body is held close to the physical world within a field of "etheric matter." [31]

## Have You Already Projected?

The projection/OBE experience is surprisingly common, and there is a very good chance you have already had such an experience. For example, the common sensation of suddenly "falling" while asleep could actually be a re-entry into your body following a brief involuntary projection/OBE.

Although mainstream science often dismisses projection/OBE as impossible according to the laws of physics, many studies estimate that from 14% to 20% of us have experienced projection/OBE *at least once* in our lifetime.

Projections/OBEs occur in a wide variety of circumstances: Over 85% of people who have had such experiences say they were resting, sleeping or dreaming. Others say they have had projection/OBE experiences while in bed or sick, while drugged or under the influence of medication, during even minor surgery, or at the onset of a life-threatening accident. [1,2,3]



## —STEP TWO— **Plan Your Experience**

**THERE ARE MANY** different methods of creating a voluntary projection/OBE, but the ideal state for creating these experiences always includes:

- Some catalepsy (the temporary paralysis common to the beginning of sleep),
- Deep physical relaxation,
- Vivid mental alertness, and
- An ability to relax into the experience.

You may very likely experience temporary **sleep paralysis** (catalepsy) as you practice entering into projection/OBE. It's important to realize that this is normal, and happens every night as you fall to sleep. This happens because your brain is built to make you largely incapable of physical activity while dreaming. (Can you imagine having a dream you're running down the street to escape a mugger, and suddenly wake from your dream to find yourself actually running down the street in the middle of traffic in your pajamas? Whoops!)



Conscious sleep paralysis occurs as you approach deeper levels of relaxation or trance while remaining in a mind-awake state. In terms of your desire to have a voluntary projection/OBE experiences, the secret is to not resist or become fearful. Simply allow yourself to “flow through it” into your desired deeper state of consciousness.

No matter what projection/OBE techniques you decide to use, you absolutely must start with **deep relaxation**. This is not optional. Most projection/OBE training programs begin with techniques designed to improve your powers of relaxation, imagery, and mental focus. Some very effective ways you can achieve the required deep levels of relaxation include: Hypnosis, specially-engineered brainwave audios, breathing exercises, progressive muscle relaxation, and ayoga or meditation practice.

## The Hypnotic Entry

Scientific researchers, therapists, psychics and mystics alike have long used both guided hypnosis and self-hypnosis as a method of creating voluntary projections/OBEs. In the early days of psychic research, for example, hypnosis was a very common method of taking people into the condition of “traveling clairvoyance.” [16]

Researcher **C.S. Alvarado** did broad historical research into ESP and altered states of consciousness. He found that many researchers have had success with hypnosis as a way to help people create extrasensory perception (ESP) experiences of all types, including projections/OBEs. [18]

A research team supervised by **William Braud** also reported that hypnosis is one of the best tools for creating altered states of consciousness. The team concluded that the relaxed mental condition present during hypnosis, plus increases in creative imagination, suggestibility and dissociation, support your ability to experience the whole range of psi phenomena. [17]

NOTE: the term “psi” refers to extrasensory perception events or conditions that cannot be explained in terms of known physical or biological mechanisms.

Entering into a projection/OBE using hypnosis can be accomplished in a “live” experience with a hypnotherapist, or by using a pre-recorded audio prepared by a professional. Either way, the therapist will guide you into a deep hypnotic state and suggest you can safely leave your body. After a period of time the therapist will then ask you to return to your resting body, with full recall of your experience. Some people report especially good

results with a recording that uses their name during the hypnotic induction.



## Mind Awake – Body Asleep Entry

The hypnagogic state is widely recognized as the jumping off point for both voluntary and involuntary projections/OBEs. Such deliberately teetering between being awake and asleep can be very helpful when you are trying to create a projection/ OBE.

This method involves letting yourself drift down into the hypnagogic (pre-sleep) state while maintaining your sense of relaxed mental wakefulness. As you move deeper and deeper into relaxation, you will eventually have a “slipping” feeling as you actually enter the hypnagogic state.

The famous inventor **Thomas Edison** used such a “mind awake-body asleep” state of consciousness to work on his many inventions. Edison would place a silver dollar on his head and sit in a chair with a metal bucket in his lap. If he drifted into sleep, the coin would fall into the bucket and restore his alertness. [28]

OBE pioneer **Sylvan Muldoon** preferred to rest in bed while holding his forearm perpendicular to awaken him if he drifted into actual sleep. [6]

**Albert Einstein** would enter into the hypnagogic state by sitting in a chair with his arms suspended over the side while holding a small smooth stone in each hand. If he fell to sleep he would drop the stones, waking himself. Artist **Salvador Dali** was said to use a



similar method to gain the odd visions that inspired his paintings.

## Entry from Meditation

Meditation serves two very useful functions: It both drops you into deep relaxation, and improves your focus and concentration. Because of this meditators and yoga practitioners often experience projections/OBEs.

The two most common styles of meditation are insight meditation (mindfulness) and concentration meditation (mental focus).



**Insight Meditation** focuses on analyzing your thoughts and feelings. The goal is to reveal the subjective nature of our experience of life. Although deeply life-changing, this approach to meditation is less effective for creating projections/OBEs because of the active focus on mental activity.

**Concentration Meditation** can actually function as a form of deep self-hypnosis. If you achieve the hypnagogic state between sleep and waking during your meditation, there's a distinct possibility you will also experience a projection/OBE or sense of clairvoyance. In this type of meditation your goal is to focus one-pointed attention on:

- A single object, such as the flame of a candle
- A sensation, such as the physical feelings during walking or breathing
- An emotion, such as an expression of reverence or love

- A mantra, spoken aloud or silently
- A visualization, as in chakra or image meditation

## Shamanic and Ritualistic Methods

Most ritualistic, shamanic and magical methods of creating conscious projections/OBEs are also solidly based on a combination of relaxation, concentration, and imagery or visualization. These methods require exceptional mental control and a sound knowledge of the tools and symbols system being used. Researcher **Charles Tart** considered such “state specific technologies” in depth as the means of achieving, controlling and using altered states of consciousness. [19]



An Amazon ShamanKaiapo **shaman** in the AmazonKaiapo **shaman** in the Amazon

In the typical shamanic or magical exercise, the **shaman** will conduct an opening ritual, followed by a cleansing or purifying ritual, and then perform a hypnagogic ritual to pass into a non-ordinary state of being (the projection/OBE state). Once in the non-ordinary state the shaman operates within the reality of that state, then returns, closes the door to the non-ordinary state, and ends the ritual. Creating the required physiological states in this way often includes native drug concoctions, dancing, and rhythmic drumming. [20]

## Pharmacological Entry

Cultures around the world have long used hallucinogens to induce states altered states and projections/OBEs. Hallucinogens are reportedly more effective for this than stimulants, tranquilizers or sedatives. The experiences resulting from drugs are often considered to be hallucinations. **Eastman** agrees that barbiturates do not lead to projections/OBEs, but that morphine, ether, chloroform, major hallucinogens and hashish can result in

projections/OBEs. [12]

**Robert Monroe** feels barbiturates and alcohol actually harm the ability to experience projection/OBEs. [9]

There are several types of drugs that can initiate a projection/OBE, including the dissociative hallucinogens like ketamine, dextromethorphan (DM or DXM), and phencyclidine (PCP). It has also been reported that tryptamine psychedelics, including dimethyltryptamine (DMT). *Salvia divinorum* has been known to produce symptoms in which the user leaves their body and travels to many places at once, and many users claim they feel as if their “soul” falls out of their body.

Most researchers agree that although drugs may cause you to projection/OBE, they are not an alternative to learning the skills of relaxation, concentration, and control of your ability to visualize clearly.



## —STEP THREE— **Select Your Method**

**AS WHEN LEARNING** any new skill, not everything will work for everyone. For this reason, I have included all of the most popular methods for your consideration. Consider giving each a try to see what works best for you; but realize it's not always possible to instantly develop this capability. Like anything else worthwhile, it takes practice to experience a voluntary projection/OBE.

**The secret is to enjoy the experience along the way. This life adventure can result in a remarkable expanded consciousness and awareness!**

### **The “Familiar Route” Method**

The following is one of my favorite methods of preparing yourself for a voluntary projection/OBE. From my own past experience, I agree with **Ophiel**, who recommends you pick a familiar route between two rooms in your house and memorize as much detail of that route as possible.

To do this select at least six points along the route and spend several minutes each day looking at each one and memorizing it. Any sounds, symbols, or scents associated with each of these reference points will help strengthen your image. [7]

Once you feel certain you've committed the route to memory, lie down, relax, close your eyes and consciously visualize “projecting” yourself to the first point and back again. Your goal is to be able to clearly visualize an imaginary journey from your chair or bed. You can then either observe yourself doing the travel, or transfer your consciousness to the body that is doing the travel.

Once you have totally memorized your entire route and can clearly visualize it, you are ready to suggest to yourself before going to sleep that you will “travel” the route in a voluntary projection/OBE. I feel this is one of the easiest and most reliable OBE training method.

# The “Special Motivation” Method

**Muldoon and Carrington** suggest you consider using a strong unconscious desire to create a projection/OBE. Here’s the concept behind their “special motivation” method: Have you ever been really thirsty? Then you know that having a strong physical need naturally pushes you to take action. If your physical body is asleep and immobilized, a projection/OBE may instead occur in an attempt to satisfy your strong physiological need. Does this make sense?

Muldoon advises against using the desire for sexual activity, and feels it can be too distracting. I personally recommend a desire for water – a very compelling physical need. To use thirst as your motivator, avoid drinking for several hours before your planned nighttime projection/OBE effort. Earlier increase your thirst in every way possible. You can even stare into a glass of water and imagine drinking, but do *not* actually drink. [6,21]



You can try eating about an eighth of a teaspoonful of salt before you go to bed. (Please be sure this is OK, according to your health). Place a glass of water in a convenient place away from your bed, and then both physically and mentally rehearse all the physical actions required to get to the water – throwing back the covers, placing your feet on the floor, getting out of bed, crossing the room, reaching for the glass, raising it to your mouth, etc.

Go to bed, still focused on your thirst and the location of your glass of water. Relax, and try to enter the hypnagogic state between waking and sleeping. Your thirst just might drive

you into your desired voluntary projection/ OBE.

## A “Three-Person” Method

An Australian journalist, **G.M. Glasking**, popularized a rather unusual projection/OBE method in several books, beginning with “Windows of the Mind.” You will need three people for this method: You (the projector), and two helpers to prepare you and support your efforts. [8]

Begin by lying down comfortably on your back in a warm, darkened room. One of your helpers should firmly massage your feet and ankles, while the other places the soft part of their clenched fist on your forehead and rubs your forehead vigorously for several minutes.

This stimulation is supposed to make the inside of your head begin to buzz and hum, your feet tingle, and your body feel generally light, or disembodied. You may also feel slightly disorientated.

When this stage has been reached, one of your helpers should begin to present you with imagery exercises. They should ask you to imagine your feet stretching out and becoming longer by about an inch. When you can do this, tell your helper. He or she is then to ask you to let your feet return to normal, then repeat the exercise by stretching your head out an inch beyond its normal position.

Then, continuously alternating between head and feet, the distance should be gradually increased until you can stretch both out to two feet or more. At this stage your helper should ask you to imagine stretching out both at once, filling the room like a huge balloon. Some people are said to reach this point in about five minutes, while others take more than fifteen minutes.

Next you will be asked to visualize being outside your own front door, and to describe everything you can see in detail, including the surrounding scenery. Once you can do this, your helper should ask you to rise above the house until they can see across the surrounding countryside or city.

To demonstrate to you that this is all under your control, you should then be asked to change the scene from day to night and back again — watching the sun set and rise, and the lights go on and off.

Finally you should be asked to fly off and land wherever you wish. For most people, their

imagery has become so vivid by this time that they land somewhere totally convincing, and are easily able to describe what they see.

Usually no prompting will be required to end the experience — you will suddenly simply tell your helpers “I’m here,” or “I’m back,” and you will usually retain a clear recollection of all you said and experienced.

You can, of course, use this same “stretching out” technique on your own without the assistance of any helpers!

NOTE: I personally had an unexpectedly powerful experience using a very similar technique, with one person at my head, the other sitting at my feet. My helpers merely energetically “held” the energy, and did not touch me until the experience had ended.

## **The “Rope Pull” Method**

A rather simple method that is recommended by many different authors is to visualize pulling yourself out of your body using a rope, once you have achieved the vibrational state. There is no doubt that “simple” is often effective. Here’s a vision of what you’ll want to see in your mind’s eye.



Pulling yourself out of your body uses feelings and motor skills related to your normal physical movements. If you are having trouble with pure visualization, this method may work better for you. You might want to try this technique in a comfortable seated posture.

Start with the usual deep physical relaxation, then begin to release into the hypnagogic state.

Become aware that you have “imaginary” non-physical hands and arms. Raise your imaginary hands, rub them, and squeeze them together. Try to be aware of this using your real bodily awareness and sense of touch. Then imagine a very strong rope hanging down above your head, and within easy reach of your imaginary hands. Feel your “hands” grip the rope and explore how the rope feels in your imaginary hands.

Once you can clearly feel the rope in your imagined hands, begin to climb hand-over-hand up the rope. Continue climbing while you keep your body physically relaxed and your mind calm. You may suddenly find yourself able to let go of the rope and be out-of-body.

## **The “Robert Monroe” Method**

In his book “Journeys out of the Body.” Robert Monroe describes his preferred, although somewhat technical, technique for inducing projections/OBEs. [9]

Monroe suggests you lie down in a darkened room in any comfortable position with your head pointing toward magnetic north. Loosen your clothing and remove any jewelry or metal objects. Be sure you will stay warm, will not be disturbed, and do not have any time pressures.

Begin by relaxing as deeply as possible, then repeat to yourself five times: “I will consciously perceive and remember all that I encounter during this relaxation procedure. I will recall in detail when I am completely awake only those matters which will be beneficial to my well being.”

Next begin to breathe through your half-open mouth to enter the state bordering awake and sleep (the hypnagogic state). Monroe does not recommend any particular method of achieving this, but some useful methods are detailed elsewhere.

Monroe says that when images start to enter your thoughts, you have entered the hypnagogic state. Passively watch these “behind eye” images to maintain the state of near-sleep that Robert Monroe calls “Condition A.”

Once you achieve “Condition A,” Monroe recommends clearing your mind and observing your field of vision (even if only blackness) through closed eyelids. After a while you may



begin to notice light patterns created by neural discharges. Simply ignore them.

When these neural charges cease you have entered what Monroe calls “Condition B.” From here, you must now enter an even deeper state of relaxation Monroe calls “Condition C” — a state of deep relaxation in which you lose all awareness of your body or sensory stimulation. In “Condition C” your only source of stimulation will be your own thoughts.

Monroe says the ideal state for leaving your body is “Condition D” – which is actually “Condition C” when voluntarily entered from a rested and refreshed condition, and *not* the effect of fatigue. Monroe suggests we practice entering “Condition D” in the morning, or after a short nap.

Once you have entered into “Condition D” with your eyes closed, visualize looking into out into the blackness about a foot in front of your forehead. Concentrate your consciousness on that point, then gradually move your focal point to three feet away, then six feet, and then turn it 90 degrees upward reaching above your head.

Monroe suggests you then “reach for the vibrations” at that spot above your head and mentally pull them down into your head. He says you will recognize these vibrations “as if a surging, hissing, rhythmically pulsating wave of fiery sparks comes roaring into your head. From there it seems to sweep throughout your body, making it rigid and immobile.”

Once you have achieved this vibrational state, Monroe says you then have to learn to smooth out the vibrations by taking control and “pulsing” them.



## —STEP FOUR— **Prepare For Lift Off**

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**LEARNING TO ACTUALLY** create voluntary projection/OBE experiences requires a commitment to learning and practice; but the great thing about what you're practicing is that your physical health and level of consciousness will also expand. The special skills that will move you along toward conscious control of these experiences include:

- The ability to achieve deep relaxation,
- Good visualization and mental focus skills,
- Vibrational awareness, and
- Energy body familiarity.

## **Relaxation Methods**

There are a wide variety of ways to learn to relax deeply enough to achieve a voluntary projection/OBE.

**Hypnosis** is a long favored tool for not only achieving deep levels of relaxation, but also for actually creating voluntary projections/OBEs. You may have a hypnotherapist in your locale that can help you develop your ability to relax, and perhaps even guide you into an active projection/OBE. If you have a metaphysical book store nearby, this can be a good way to locate one. However if your local hypnotherapists do not have *personal* knowledge of projection/OBE, you might consider focusing your sessions with them on relaxation training.



It often helps to hold a relaxing mental image!

**Audio Brainwave Entrainment** is an extremely powerful method for easily preparing for, and successfully experiencing, projections/OBEs. This method is rapidly becoming a preferred technique by several projection/OBE trainers such as Robert Bruce and Robert Monroe. **If you are looking for easier and faster results, you may choose to make this your method of choice.**

Specially engineered audio brainwave training uses the natural tendency of your brain to “follow along” with a regular rhythm such as music, drumming, or even the regular clacking sound of the rails while traveling on a train. Ever tap your foot to music? That was an example of brainwave entrainment!

**NOTE:** As a 45-year pioneer in mind/brain and brainwave research, I have prepared a collection of special brainwave and guided relaxation audios to help you reach higher states of consciousness, and also experience projection/OBE and higher states of consciousness. This collection normally sells for \$54, but is specially priced at only \$19.99 for the readers of this book. You can view this downloadable stereo-quality MP3 audio collection here: <http://www.BuildMindPower.com/audios.html>

**Progressive Muscle Relaxation** is a proven-effective method long preferred by athletes to rapidly achieve deep relaxation. You can learn to do this on your own by alternately tensing and relaxing your muscles — starting with the muscles of your feet and ankles, and then progressing to the muscles of the calves and thighs, torso, arms, neck and face. Take your time, and continue this procedure until all of your major muscle groups have been tightly contracted, and then relaxed.

Done properly, progressive muscle relaxation will lead you into a very pleasant deep relaxation within a few minutes, and becomes easier with practice, or through the use of a guided relaxation or brainwave audio.

***Conscious Breathing*** is also an excellent method of physical and mental relaxation. Below is an easy 15-minute meditation you can even fit into a work break. This simple procedure will create a deep state of relaxation in both your mind and body. As your breathing quiets your mind will also quiet, but will remain awake. If you fall asleep while doing this activity, you may not be getting enough sleep at night. Adjust your schedule until you can remain awake and mentally alert while practicing this technique.

Here is how to make an audio tape in your own voice, and use it to improve your success. The times indicate how long you should pause between each statement:

- Say: “Close your eyes.”
- Wait 30 seconds, then say: “Gently, allow your awareness to be on your breathing. Just observe your breath as you breathe in and out.”
- Wait 30 seconds, then say: “Be gently aware of your breathing. Do not try to consciously alter it in any way.”
- Wait one minute, then say: “As you observe your breath, you may notice that it may speed up or slow down, or become deeper or shallow. It may even seem to stop for a time. Whatever happens, just observe it without resisting any changes.”
- Wait one minute, then say: “At times your attention may drift away from your breath, and go to a thought, a bodily sensation, or an outside stimulation. If you notice you are not focused on your breath, just gently bring your attention back to your breathing.”
- Wait one minute, then say: “Now just let go, release any expectations you may have, and gently bring your awareness back to your breath.”
- Remain silent for at least 10 minutes, then say: “Good, now slowly open your eyes, feeling very refreshed and alert.”

Practice this twice a day SITTING for at least 15 minutes, preferably in the morning and late afternoon. If you're feeling upset, tense or agitated, this will help you quickly relax. You can set your watch or a timer for 15 minutes to train yourself to automatically wake up after your session.

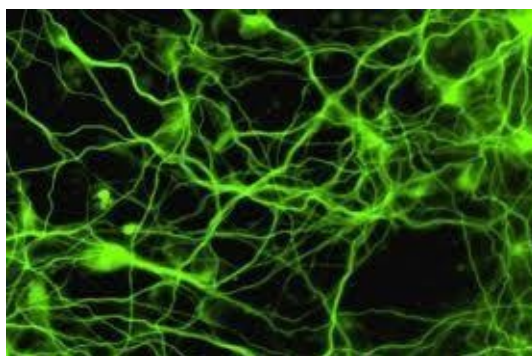
## **Imagery and Visualization Practice**

Quantum physics has clearly established that everything is basically energy in motion. Your automobile, the walls of your office, your desk, the clothing on your body, your brain, your computer – it's simply vibrating energy on the most basic level. And then on the next level out – it is consciousness.

Thought is an interesting phenomenon. Thoughts also consist of this very same energy, and are a powerful force in creating our reality. By its very nature, thought tries to manifest itself into physical expression. You can compare your thoughts to the sparks that rise from a campfire. For although your thoughts contain the essence and potential power of the fire, they exist only briefly, then simply dissipate.

Because a thought lasts only a few seconds, you may think that a single thought does not have much power. Enter the power of focus and repetition: A thought that is repeated with intense focus becomes concentrated mental power, just as sunlight can create fire when focused through a magnifying glass.

The more often a focused thought is repeated, the more energy and power it generates. This is not theory — such a thought creates thousands of connections in the form of a very real physical “neural network” in your brain.



A microscopic picture of a typical neural network

The theory of the Law of Attraction is that this is how we attract circumstances matching our thought images, but there is also a science-based way to interpret this. Any well-focused thought that is repeated will generate lasting impressions in the subconscious mind due to the creation of stable physical neural networks in the brain.

Since the subconscious mind works 24/7 scanning our internal and external realities, it is primed to notice anything that reminds it of your focused thought. If you have been studying projection/OBE, it is primed to generate and recognize such experiences. You can develop and use the power of frequent FOCUSED thought to build your ability to create voluntary projections/OBEs, or any other mental state or experience you desire!

**Exercise 1.** Read the below visualization, then mentally imagine actually performing the suggested action as vividly as possible:



Imagine a large fresh orange resting on a clean white plate with a blue stripe around the rim. You pick up the orange, dig your thumbnail into the peel, and pull some of the peel away from the flesh of the orange. You keep pulling off pieces of the peel and heaping them in a pile next to the plate. You can smell the sharp citrus scent of the orange on your hands. You separate the orange into segments, place the segments on the plate, then put the first piece in your mouth. You taste it exploding with flavor.

The goal of this visualization is to make your mouth water, and to taste and smell the tangy juice that squirts out of the orange. If you didn't have such an experience, try again. Go for vivid imagery, bright and vivid colors, sharply defined shapes and forms, and sensations of both touch and taste. Practice will improve your imagery skills. (If you really want to "go for the gold," try visualizing this with a lemon.)

**Exercise 2.** Another way to strengthen your mental focus is "conscious counting." Start with the number one. The instant any thought other than the next number comes to you, stop and go back to number one. If you get to four or five, you're doing well. If you manage to reach ten, you are doing very well. This method can create some pretty amazing mental discipline.

**Exercise 3.** Choose a visually interesting object you can examine in great detail. Spend 10 to 15 minutes (or more) examining it as closely as possible. Really study it until you feel you've memorized a mental picture of the object. Later enter into a meditative state and begin to recall the object. Try to recreate a mental picture of it in as great a detail as possible. Repeat this until you can visualize the object as clearly as if you are actually looking at it.

**Exercise 4.** Relax and calm your mind. Place a lit candle or a low voltage light bulb a couple of feet away in front of you and stare at it for a minute or two. Then close your eyes and concentrate on the “after image” behind your closed eyelids. Try to maintain a clear after image for as long as possible. Use breath awareness to keep your mind clear, and try to visualize the after image growing, instead of fading away.

**Exercise 5.** Robert Bruce refers to the deep relaxation required to enter the hypnagogic state as entering into a “trance.” Bruce recommends you imagine you can feel yourself climbing down a ladder in the dark. On the exhale, climb a step or two down the ladder, and on the inhale, feel yourself holding still on the ladder. The mental falling effect inside your mind changes the level of brainwave activity down to the Alpha or Theta levels. Bruce finds that in the correct trance state everything is very quiet, you feel like you are in a much larger place, there may be a very slight humming sensation in your body, and you are then ready to project. [31]

**Exercise 6.** Third eye visualization is a very powerful meditation and mental focus method. **Rolling your eyes just slightly upward can** help create an Alpha brainwave state much more quickly, and temporarily disconnect the brain’s scanning and orientation functions. Visualizing in this way directly impacts your optic nerve, which travels from the eyes directly into your brain. Alpha brainwaves are further discussed later in this book.

There is no need to force or strain your eyes – only lift your eyes until a very gentle resistance is achieved. Gentleness is a key to success with this technique. Looking up in this way also stimulates your pineal gland – the home of your third eye. I also have an interesting book on the third eye-pineal gland connection. You can view it at Amazon: <http://www.amazon.com/dp/B0064GMJQM>

**Exercise 7.** A number of successful projection/OBE training programs begin by having you practice visualizing simple geometrical shapes. This then progresses to visualizing more complex three-dimensional forms, and finally entire rooms and natural scenes. You can download some appropriate pictures from the web to work with, or cut some images from magazines and mount them on cardboard.

**NOTE:** Other good imagery training methods are described in Conway’s occult primer and Brennan’s “Astral Doorways.” {4.5}

## ***Building Vibrational Awareness***

Many projection/OBE teachers feel it’s very important to learn to control the vibrational

state so often present in projections/OBEs. These sensations are often reported to occur at the very onset of the actual projection/OBE. They may feel like mild tingling, or like a current of electricity is passing through your body.

The idea is to experience this vibrational energy as an undulating wave that moves through your entire body from head to foot and back. Robert Monroe suggests “pulling” the initial sense of vibration down from your head into your body and learning to “pulse” it, but does not give instructions on how to approach creating the “pulsing” effect. Experiment! If you have already experienced a Kundalini opening, this will feel familiar to you.

Here’s a suggestion: Do not resist the sense of vibration. Surrender to it and allow it to expand and spread through your entire body. You can even enter a deep state of relaxation and practice producing this vibrational feeling on your own. Focus moving these vibrations through your body until you feel as though waves of vibrational energy are washing over you. Continue practicing this until you can do it “on command.”

## **Energy Body Awareness**

Both Eastern philosophy and Western medicine offer both ancient and modern perspectives on the human energy body. Most of us are capable of sensing at least some level of our energy body. Simply soften your vision, hold your hand in front of a white wall in a well lit room, and gaze at your hand. If your vision is soft enough, you will see a pocket of energy surrounding both each finger, and your entire hand.



Those with a interest specifically in astral projection vs. OBE often refer to multiple energy bodies – with the astral body being only one such body. Experienced astral



projector **Robert Bruce** holds such a viewpoint, and offers methods of activating the multiple energy bodies in his book – “Astral Dynamics.” [31]

I have found that the following exercises are a very effective way to build your awareness of your primary energy body:

**Exercise 8 – Radiating Energy.** Our hands are especially strong energy radiators, and provide a great way to directly experience the energy that radiates from your body. Sit comfortably with your back straight and quiet your mind. Spend a few minutes breathing deeply and comfortably down into your belly, but don’t force it uncomfortably. When your breath has become slow and even, do the following exercise:

- Rub the palms of your hands together briskly for 15-30 seconds.
- Hold your hands out in front of you, palms facing each other. Keep your elbows in close to your sides for comfort.
- Slowly bring your hands together as close as possible without touching. Notice any sensations you feel in your hands.
- Slowly pull your hands apart again until they are 6-12 inches apart
- Repeat this process several times, bringing your hands together and apart. Be slow and steady. Pay close attention to your palms. You may experience a sense of pressure or resistance as though your palms are being pushed away from each other. Or you may perhaps feel a warmth, buzzing, tickling, resistance, pulsing or other sensation. You’re feeling your own invisible energy.

Don’t be concerned if you feel something other than what’s described above. Everyone is unique in how they sense energy. Allow yourself to simply be aware of what you’re sensing without judging. If you still don’t feel anything, don’t worry. Just keep an open mind and try this exercise again at a later time.

**Exercise 9 – Waving Energy.** Energy waving is another energy-sensing method that works for almost everyone. Begin by holding your left hand upright in front of you with your palm facing right. Wave your right fingertips slowly up and down in front of your left hand, but do NOT touch your left hand. Can you feel the motion of your right hand across the surface of your left palm? Switch hands and do it again. Does it feel different with the other hand? Does one hand seem more sensitive than the other?

**Exercise 10 – Pushing Energy.** Today’s science leaves no doubt that our bodies are composed of energy in motion, but the idea of having a separate “energy body” may not be as familiar to you. There are theories to explain what this body is, and other theories that we have several different energy bodies. It’s not my intention to go into this in this

book. But, if you find it challenging to move into the energy body people sense during a projection/OBE, you may wish to start by building your sense of your body as energy.

Learning to move energy through your physical body is not too hard with a little practice. Begin by visualizing your body is filled with glowing white light. Start with your hands. Focus on the energy and take active control of its flow. Guide it into the fingers of the hand you write with. Feel it build up there, and see the energy becoming brighter.



After the energy has built up, begin to mentally push it out through your palm in a steady stream.

You may experience a variety of sensations during this exercise. For some the sensation is of warm tingling “pins and needles.” For others it feels icy-cold and prickly. If you don’t feel any sensations at first, just try again on a different day. Regularly using energy raising techniques like this will definitely increase your chances of successful voluntary projections/OBEs.

**Exercise 11 — Pulling Energy.** Prior to preparing for a projection/OBE you may at times want to first recharge your physical energy. Generally a good time to pull in energy is when feel tired, because you will then best sense the results of your efforts.

Suppose you would like to pull some energy from the warmth of the sun. Whether or not it

is a sunny day, or even at night, you already know what the sun on your skin feels like! Try this: Close your eyes and visualize the warm energy of the sun all around you. Your body has a cellular memory of what it feels like.



Pull this energy toward and into your skin, merging it with your own natural energy. If you are actually IN the sunlight and it is touching your skin, circulate it to your entire body – inside and out. When pulling energy in this way, an important key to success is to visualize not only the energy source, but also an awareness of your own energy. As you pull energy, visualize it mixing with your own natural energy.



## —STEP FIVE— Your “Exit”

**IT CAN BE** very valuable to learn to suspend yourself in the hypnagogic state without falling to sleep. You learned from an earlier discussion that **Thomas Edison** held himself in this state by placing a silver dollar on his head, and sitting in a chair with a metal bucket in his lap. If he drifted into sleep, the coin would fall into the bucket and restore his alertness. **Sylvan Muldoon** would rest in bed while holding his forearm perpendicular to awaken him if he drifted into actual sleep.

**Albert Einstein** held himself in the hypnagogic state by sitting in his chair with his arms suspended over the side while holding a small smooth stone in each hand. If he fell to sleep he would drop the stones, waking himself. Try several methods and see what works best for you. I personally find this particular method extremely reliable!

## Partial Separation Practice

**Exercise 12 – Partial Separation.** As you begin to practice voluntary projection/OBE you might consider focusing at first on simply achieving a “partial separation.”

The key to this is mental control while you focus on successfully separating from your physical body. Once you are aware of the vibrational state, you can safely begin to explore projection/OBE by first just releasing a hand or arm of your “second body.” Reach out with your energy arm to touch something solid you know is normally out of reach. Feel it, and push your energy hand through the object.

Then return your energy arm back into place with your physical arm, gradually slow the rate of the vibration you’ve been sensing, and lie quietly until you have fully returned to normal. This exercise will definitely help prepare you for full separation.

**Exercise 13 –Separation Without Travel.** This step involves a complete separation from your physical body, but without experiencing a “travel” experience. Once you have comfortably released your arm and hand in the above exercise, you may try releasing your

complete body. A good initial separation would be to simply feel your body either sitting up or floating above the bed, and then allow it to return to the bed and re-integrate with your physical body.



## Total Separation Methods

**Exercise 14.** Once you have entered the vibrational state, a very popular method of creating a voluntary projection/OBE is to simply visualize your body getting lighter and lighter. An alternate version is to instead feel your physical body getting heavier and heavier, and sinking lower and lower down into the mattress, as your energy body gets lighter and lighter. I have found through the years that a little bit of practice with this technique can yield quite remarkable results.

**Exercise 15.** A separation approach recommended by Robert Monroe is what he calls the “rotation method.” Monroe recommends just thinking of twisting your body from the top, and rolling over into your energy body from out of your physical self. He says you will then find yourself next to your physical body, and can then visualize floating upward.

**Exercise 16.** Once you’re relaxed, simply imagine you are floating up off your chair or bed. Maintain a slightly elevated position until you can no longer feel any contact with the floor or bed. Then simply visualize slowly moving your body into a totally upright “standing” position. Imagine yourself travelling around the room, paying close attention to the objects and details of the room.

When you have focused clearly on the room, you may choose to lift your hand and look at

it. Your hand may appear slightly transparent, but you will be able to recognize it as your own. Once you have focused clearly on your hand, if you choose you can then look at your own body on the chair, floor or bed. Looking at the back of my hand in this way was the first way I was able to confirm that I was out of my body. It was a remarkable experience!

**Exercise 17.** Get into a comfortable position, close your eyes and imagine a duplicate of yourself standing directly in front of you, or hovering directly above you. Since it is often very hard to visualize your own face looking at you — imagine your double with its back to you. Observe as much detail of your imagined double as possible.

As your imaginary double becomes more solid and realistic, you might begin to experience uncertainty about your actual physical position. Build on this feeling by asking yourself: ‘Where am I?’ or ‘Who am I?’ Once the double is clear and stable, try to transfer your active consciousness into it and see what happens.

This method could lead you into initial experiences of bi-location.

NOTE: If you are curious about what other people experience during an OBE or astral projection, here’s a web site that’s packed with personal accounts => <http://www.oberf.org>



## —HOW TO KNOW— **What Your Brain is Doing**

**IT CAN BE** very useful to understand what's happening inside your brain as you work toward achieving a projection/OBE, or any other higher state of consciousness or psi experience. Your brain is basically an electrochemical organ. It uses tiny electrical impulses (brainwaves) to produce your mental experiences and direct the rest of your body.



You may be surprised to learn that researchers have found that your brain generates enough electrical power to light a flashlight bulb. That might not seem like much power. A 10-watt light bulb will hardly light the inside of a refrigerator; but a focused 10-watt laser can burn right through that refrigerator's metal door. **This provides a good comparison of the power of a focused high performance brain, versus the average unfocused brain.**

# Controlling Your Brain

Bear with me as I review a bit of my personal experience. I began my university education as a hard core scientist. As a pre-medical student I spent long hours immersed in technical books and lab courses. Psychology was my second “major” simply because I felt it might make me a better medical doctor.

Then toward the end of my senior year I “tagged along” with a friend to observe an unusual research project. being conducted by an informal group of grad students from UC San Jose, Stanford and Berkeley.

What I saw that day erased my goal of becoming a medical doctor – and ended up literally changing my life. The magic of watching a thought create waves of energy graphed on an EEG was captivating by itself. But then I wandered over to look over the shoulders of a small group that was excitedly comparing the results from two different “subjects” – one an experienced meditator, and the other one of the researchers who had never meditated.

The source of their excitement was circled on one of the charts with a red felt tip marker. The meditator had a steady flow of Alpha brainwaves, while the student had only a few tiny bursts of Alpha. They had captured early scientific proof that meditation changes the brain.

That was in direct contrast with what was being taught medical students at the time. We were being told that the brain we are born with is unchangeable – including your IQ, your level of awareness, and most certainly your mental potential. Now it seemed that might was not true.

On that day I developed a passion to decode how the brain and behavior work together. I turned away from medical school and enrolled in grad school with a major in psychology. That was over 45 years ago, and I have since spent all of those years studying how the brain works, and how it directs our behavior and ability to claim our true potentials.

Modern research has now proved beyond any doubt that we are all capable of learning to consciously control our brainwaves, and of teaching ourselves entirely new habits and behaviors from the brain-out..

Amazing things happen if you learn to control your brainwaves. You can then actually choose your desired mental state — create instant deep relaxation or meditation, erase any



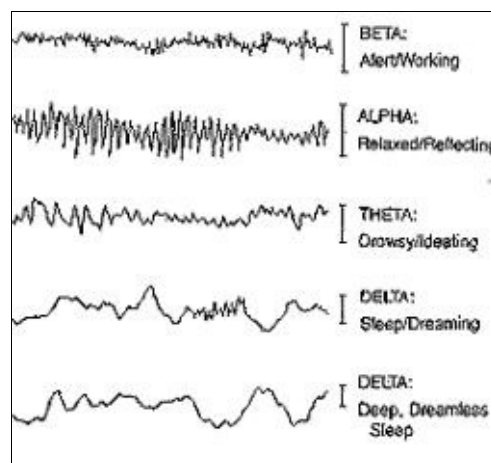
stress, increase your creativity, develop crystal-clear mental focus, and even create a voluntary projection/OBE.

## Understanding Brainwaves

The electrical energy of your brainwaves may seem very small, but it's easily measured using EEG machines. Science describes brainwaves using two measurements: amplitude and frequency. The “amplitude” of a brainwave is a measure of the power of the electrical impulse associated with that brainwave. The “frequency” of a brainwave is a measure of how often the electrical pulse fires in the space of one second.

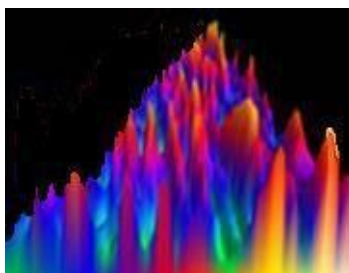
To make this easier to understand: If you were bouncing a ball, the “amplitude” of the bouncing ball would be measured by how high the ball bounced – while the “frequency” would be how often you bounced it within a given period of time.

Your brainwaves are commonly divided into five categories: Gamma, Beta, Alpha, Theta and Delta. Each of the five categories contains a “band” of brainwave frequencies. For example: The Alpha brainwave category includes brainwaves firing between 8 to 12 times each second.



Now ... although you may have heard of being in an “Alpha state,” actually there is no such thing as a pure Alpha brainwave state. What’s really interesting is how the different brainwaves combine to create our unique mental states. Every mental state you experience consists of a mix of several simultaneous brainwaves, with each adding its own contribution.

**Gamma brainwaves** are the fastest brainwaves classified to date. They vibrate upward from about 28 cycles-per-second (cps). Until recently, these brainwaves were thought to be primarily present during stress; but studies of Tibetan Buddhist monks has shown that Gamma brainwaves in the 40 cps range correspond to higher states of mental clarity and insights. Because our thoughts may seem to tumble over each other when a lot of Gamma is present in our mind, these brainwaves are also often tied to panic attacks and extreme stress.



Screenshot of an EEG of a brain “on fire” during an incident of out-of-control high Beta and Gamma brainwaves

Gamma brainwaves are the only brainwave that has been found in every part of the brain. Some researchers believed Gamma brainwaves may simultaneously activate many areas of the brain to help us “consolidate” information **for more** integrative thinking.

**Beta brainwaves** are the fastest of the four more “traditional” brainwave categories (excluding Gamma). The normally accepted Beta brainwave frequency is from 12 to about 24 cps. You may be sure you’re experiencing your Beta brainwaves any time you’re speaking, silently “talking to yourself,” analyzing something, or simply have your tongue pressed tightly against the top of your mouth.

Your brain automatically produces Beta brainwaves anytime you are awake and alert. Your Beta brainwaves support your analytical thinking, cognitive processing, and rational decision making. Many external “stimulants” cause your brain to produce more Beta brainwaves, including nicotine, caffeine, diet pills, and amphetamines. Beta brainwaves are especially present in the frontal lobe on both sides of your brain.

**Alpha brainwaves** are present during visualization, deep introspection, meditation, cat

napping, daydreaming, light relaxation, and detached awareness. They are slower than Gamma and Beta brainwaves, and their frequency spans from 8 to 12 cycles per second (cps).

When your eyes are closed you're probably producing Alpha brainwaves. You may see visual images behind your closed eyes, or even feel the outside world fall away – depending upon how deep your Alpha state is. One of the biggest benefits of Alpha brainwaves is their connection to immediate stress relief; but Alpha brainwaves are also tied to meditation, creativity, and enhanced learning and self-expression, and psi experiences.

Alpha brainwaves are far more synchronized than Beta brainwaves, and occur predominant in the white matter of the brain.. They are strongest in the occipital lobe at the back of the head, and in the frontal cortex (your forehead).

**Theta brainwaves** are slower moving than Alpha and Beta brainwaves, and vibrate in the 4 to 8 cycles per second (cps) frequency. Achieving the hypnagogic state that leads to a projection/OBE requires being conscious while you are producing Theta brainwaves. The challenge is that we naturally usually only experience Theta brainwaves briefly as we “fall” into sleep.

Since brainwaves in the low Alpha and high Theta 7cps range are detected in the laboratory as people move into a conscious projection/OBE, you can see the importance of learning to access your Theta brainwaves while still awake. By far the best way to do this is using engineered brainwave training audios. [23,30]

Conscious Theta brainwaves are widely present in children up to about 13 years, but tend to be unconscious in adults. Theta brainwaves reflect activity in your brain's limbic system and hippocampus regions deep inside the temporal lobe, and are closely related to emotions, a sense of inner peace, feelings of oneness, mystical truths, and the ability to experience projections/OMBs, NDEs, and other psi and metaphysical experiences.

**Delta brainwaves** are normally only present during deep sleep and vibrate in the 0.5 to 4cps range, but may also be active during a waking state. People with a lot of Delta brainwaves when awake tend to be unusually intuitive, artistic, and psychic. Delta brainwaves are the dominant rhythm in infants up to one year of age, and also occur during the deep dreamless sleep. Delta brainwaves are believed to be connected a sense of oneness with the universe, ESP, Samadhi, projection/OBE and near-death experiences. [18]

An additional extremely important special range of brainwaves connects your low Alpha

and Theta brainwave frequencies. This **Alpha-Theta bridge** is not well known to many, but governs your ability to learn to experience voluntary projections/OBEs.

This critically important portion of your brainwaves resonates in exactly the same frequency range as the Earth's basic magnetic field (the Schumann frequency) that occurs between the surface of the Earth and the ionosphere.. It is interesting to note that this “bridge” serves as the border between your conscious Beta and relaxed Alpha, and your subconscious Theta and super-conscious Delta minds. **This special brainwave frequency is especially important in learning to project/OBE, or in attaining any higher states experience.**

Over my years of research I've discovered that many people have a gap in this particular brainwave frequency. In short, they have no connection between the signals of their conscious and relaxed minds, and their deeper subconscious and super-conscious minds. As a result they cannot remember their dreams, have not achieved their potential levels of intuitive understanding and creativity, and cannot easily create voluntary projections/OBEs.

**NOTE:** To correct this “brainwave gap problem,” I have created a special Schumann frequency brainwave training audio. People who have used it reported better dream recall, increased lucid dreaming, improved intuition, and more achievable projection/OBE practices. It is included in a special MP3 audio collection: <http://www.BuildMindPower.com/audios.html>

## Higher Levels of Consciousness

All researchers commonly agree that we humans have three distinct states of consciousness: awake, sleeping, and deep sleep. But we also have a potential fourth major state of consciousness – transcendental consciousness. These three basic levels of consciousness are not like the rigid rungs of a ladder, but are rather overlapping waves of consciousness that often flow through our awake and sleeping states.

The transcendental state seems to break this rule, and extends right down through what is normally assumed to be the sleeping mind. Transcendental consciousness is a unique state of restful alertness in which your mind settles into its quietest conscious level. At this level researchers have discovered significant reductions in respiration, minute ventilation, tidal volume, and blood lactate — and significant increases in basal skin resistance. [13]

All of these physiological measures indicate a state of relaxation even deeper than sleep.

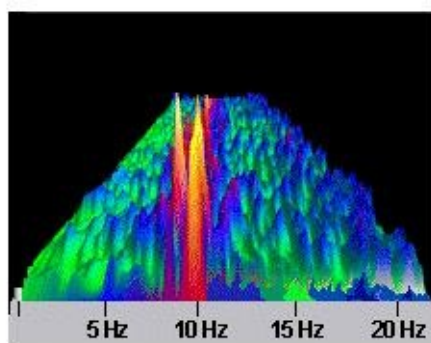
But although the body is in a state of deep rest, the mind is alert rather than asleep — as indicated by an increased abundance of Alpha and Theta brainwaves. THIS is where you experience projections/OBEs and other psi and higher states phenomena.

## OBE Brainwave Training

Professional brainwave training uses specially engineered external stimuli to encourage your brain to create brainwave that are known to be beneficial. Brainwave training works because of the natural tendency of your brain to “follow along” with a regular rhythm like that created by music, drums, or even the regular sound of the rails clacking while on a train. Ever tap your foot to music? That was an example of brainwave entrainment! The drumming of Native American religious ceremonies has long been found to create heightened receptivity to “alternate realities” through the same brainwave entrainment mechanism.

**Science-based brainwave training tools can make projection/OBE far easier for you to learn. Why? Because just like every other life experience, projection/OBE has a corresponding brain state. Create this state in your brain, and successfully achieving projection/OBE follows along.**

**The below picture is a photo of a biofeedback screen displaying the focused 10 Hz (cps) Alpha brainwave in an individual learning to create this healthy state using a specially engineered Alpha brainwave audio. The true goal of this type of brainwave entrainment is to actually TRAIN the individual to duplicate this condition on their own, without listening to the entrainment audio.**







—EXPAND YOUR KNOWLEDGE—  
**Some Fascinating Research**

**MANY RESEARCHERS HAVE** speculated whether projections/OBEs are hallucinations, or even the result of some natural or unnatural biochemical processes in the brain. Observing a projection/OBE in a laboratory setting is not a simple matter, and requires a subject able to induce a projection/OBE at will, and also willing to undergo the stress of being attached to complex laboratory instrumentation while attempting to enter the required mental states.

## **Early Scientific Research**

Internationally acclaimed psychologist **Charles T. Tart** has spent over 40 years studying various states of consciousness, including astral projection. Dr. Tart has reviewed over 100 years of parapsychology research on psi phenomenon including astral travel and OBEs. He concludes that consciousness at times behaves in unexplainable ways according to our current understanding of the laws of physics.

Although many experiences can be dismissed as imagination, dreams or hallucinations, Tart claims there is a large body of empirical evidence that transcends known explanations.

To further study astral projection, clairvoyance, telekinesis and precognition, Tart founded TASTE (The Archives of Scientist's Transcendent Experiences), where scientists now report their personal OBEs or psi experiences. The contributions are posted with anonymity, but the identity of the poster is verified. These online archives are available for anyone to read.

Perhaps the most thorough Projection/OBE case collection was completed by **Celia Green** of the Institute of Psychophysical Research [2]. Green's definition of an OBE was: An experience "in which the objects of perception are apparently organized in such a way that the observer seems to himself to be observing them from a point of view which is not

coincident with his physical body.”

Green found that 12% of single cases occurred during sleep, 32% when unconscious, and 25% were associated with some kind of psychological stress such as fear, worry, or exhaustion. However, OBEs are far more common when the physical body is relaxed and inactive.

Most of Green’s cases occurred to people whose physical body was lying down (75%) and muscular relaxation was an essential part of many people’s experience. A feeling of paralysis was only rarely a prelude to an OBE. Green reported that 80% of cases did not involve viewing oneself in a “double body.”

## USA Military Research

In 1970 the United States Central intelligence Agency (CIA) and Department of Defense (DOD) began secret undercover research into astral projection/ OBE, using the term “Remote Viewing.” The intent was investigating the possible use of remote viewing as a means of secretly obtaining information.

The original USA remote viewing program — SCANATE (Scan by Coordinate) — was headed by **Russell Targ** and **Harold Puthoff** at Stanford Research Institute in Palo Alto, California. SCANATE moved into the private sector and became PSI TECH in 1989, but is believed to continue to be managed by former military personnel.

The US military and the CIA funded a series of covert research projects designed to track down the most gifted psychics in the US, unravel the mysteries of their powers, and then find ways of teaching these skills to ordinary soldiers and agents.

The aim was to produce a new breed of super-soldier capable of controlling matter with their minds and gathering intelligence from afar. But some in the military wanted to go even further. The US Navy wanted to send confidential orders to nuclear submarines using telepathy. And Major General Albert N. Stubblebine III, commanding officer of the US Army Intelligence and Security Command, suggested that soldiers might one day even be able to see through walls using psychic powers.

At the same time, researchers at Stanford and Princeton University (where Einstein was once based) were funded to investigate the paranormal. Scientists at Stanford quickly focused on the use of remote viewing as the most militarily useful psychic skill. Stanford played host to more than a dozen psychic spies whose paranormal skills were once



demonstrated to President Jimmy Carter.

The remote viewers used a deceptively simple method based on what is known as the Ganzfeld technique to help see deep into enemy territory. To do this they induced an altered state of consciousness by seating themselves in a sound-proof room while wearing earphones playing white noise. Ping pong balls sliced in half were placed over their eyes to obscure their vision, and the room was bathed in soft red light.

The map coordinates of the target location were written on a piece of paper, sealed in an envelope, and handed to the viewer. The viewer was allowed to touch the envelope, but not to open it. Alternatively, pictures of the target location were sometimes sealed in the envelope.

The remote viewers would then slip into a light meditative trance and allow their mind's eye to be drawn to the target location. Pictures, feelings and impressions would then drift into their minds from the target, which might be located thousands of miles away.

To an outsider, this approach might appear to produce only hopelessly vague results that were no better than guesswork. But the scientists investigating remote viewing found them to be surprisingly accurate.

**Joe McMoneagle**, one such “psychic spy” with the codename Remote Viewer No 1, used remote viewing to look inside Russian military bases and gather intelligence. McMoneagle was recruited from US Army intelligence in Vietnam because of his amazing ability to survive while on reconnaissance missions behind enemy lines against seemingly impossible odds.

His commanding officers thought he was either amazingly lucky, psychic, or a double agent. On his return home, he was tested for his remote-viewing skills at Stanford and found to have psychic gifts. He went on to spend the next 20 years tracking Russian nuclear warheads and gathering intelligence. His work eventually earned him the Legion of Merit, America's highest military non-combat medal.

In 1995, the US Congress asked two independent scientists to assess whether the millions that the government had spent on psychic research had produced anything of value. The conclusions proved somewhat unexpected. Professor Jessica Utts, a statistician from the University of California, discovered that remote viewers were correct 34 per cent of the time, a figure far beyond what chance guessing would allow.

Utts concluded: “Using the standards applied to any other area of science, you have to conclude that certain psychic phenomena, such as remote viewing, have been well established. The results are not due to chance or flaws in the experiments.”

In November 1991 the Associated Press reported that PSI TECH was used by the United Nations to help locate possible biological weapons in Iraq.

## Near-Death Experience (NDE) Research

Some of most persuasive experimental OBE evidence to date is that focused on the near-death experience (NDE). Interesting and extensive research into NDEs can be reviewed here: <http://www.nderf.org/>

In December 2001 the internationally acclaimed medical journal *The Lancet* published research by **Dr. Pim van Lommel** conducted in 10 Dutch hospitals over a 10 year period. Over 300 patients were resuscitated from heart or breathing failures. The majority of patients felt their NDE was one of the most positive experiences of their life, and helped them re-prioritize their life and even improved their personalities.

## Recent Scientific Research

Scientists still know little about the projection/OBE phenomenon. **Dr. Sam Parnia** who is studying OBEs because of his interest in near-death experiences. Dr. Parnia is reviewing reports of OBEs from cardiac arrest patients, and considering physical factors that could cause a NDE experience.

Although the OBE and NDE reports are basically anecdotal, the hospital environment lets him monitor and compare oxygen, carbon dioxide and salt levels in the patients who did and did not have either type of experience.

Whether these phenomena are visions of a dying brain or paranormal activity, Dr. Parnia feels science needs to offer an explanation of what happens when we die. “I think that NDEs hold the key to finally solving this mystery,” he says. “In studying them further we will be able to discover the true nature of the relationship between the mind and the brain and answer the wider questions regarding the existence of an afterlife.

There are several possible physiological explanations for certain aspects of projections/OBEs. OBE-like experiences have been induced by **Dr. De Ridder** and associates through stimulation of the posterior part of the right superior temporal gyrus of

the brain of a patient. The term “OBE-like” is applied because the experiences in these experiments lacked some of the clarity or details of normal OBEs, or were described by subjects who had never before experienced a projection/ OBE. Such subjects were therefore not considered truly qualified to claim the authenticity of their experimentally-induced OBE. [29]

**Michael Persinger** performed research using magnetic stimulation applied to the right temporal lobe of the brain, which is known to be involved in visual-spatial functions, multi-sensory integration and the sense of the body in space. His research also found evidence for objective neural differences between periods of remote viewing in an individual reported to have psychic abilities.

His research focused on **Ingo Swann** — a renowned remote viewer who has taken part in numerous studies. Swann drew images of the pictures that were concealed in sealed envelopes in another room. Individuals independent of the study judged his comments and drawings as consistent with the remotely viewed stimulus at better than chance levels. In the trials in which Swann was correct, 7 cps Theta brainwaves were detected in the area of the occipital lobe. [30]

A question to consider: If projections/OBEs demonstrate the ability of the conscious self to have experiences and perceptions outside the physical body, do near-death experiences suggest this capacity is still present when the physical body is totally unconscious?

In the laboratory tests completed to date, no discrete state was identified in which projections/OBEs took place. The subjects were relaxed, drowsy or lightly asleep, but they were not dreaming when they had their projections/OBEs. No sudden or unusual changes in EEG or autonomic functions were found to occur at the beginning or end of their projections/OBEs. [13]

The to-date conclusion is that, unlike dreaming and other clearly identifiable mental or physiological states, projection/ OBE does not seem to be associated with any discrete measurable physiological state. But the final decision is still out. [11,22]



—APPENDIX “A”—  
**Questions and Answers**

## **Will my second body be identical to my physical body?**

Your second body may take on any number of different forms. It may resemble your physical body, but it could also appear as a misty outline. Your view of your second body will probably be strongly influenced by what you unconsciously expect to see.

## **Why do some people see an astral cord, while others do not?**

The astral cord is traditionally believed to be an attachment of the traveling body to the resting physical body. An attachment to the resting body by an astral cord is not widely reported today, although it was by earlier writers. Dr. Robert Crookall approached OBE research from a spiritualistic viewpoint and collected his information from newspapers such as the *Psychic News*, creating an obvious bias in his results. The majority of his subjects reported seeing a cord connecting their physical body and OBE body. Celia Green avoided such a bias, and fewer than 4% of her subjects reported seeing such a cord. [2]

## **Is vision the only sense active during OBEs?**

This varies from person to person. Your taste, touch, smell and hearing may or may not be active. The sense of movement is experienced by most people, but largely through vision. Researcher Celia Green says about 25% of the people who have more than one OBE report sensing temperature. [2]

## **Is it possible to have an OBE, but not be in an alternate body?**

Over 80% of Celia Green's subjects reported feeling they were a "disembodied consciousness" with no sense of having an external body. So actually this may be a far more common experience than having a sense of an external second body. [2]

## **I heard a very loud noise in my head just before an OBE. Is this OK?**

As many as 85% of people who have responded to surveys report hearing loud noises inside their heads during the onset of an OBE. This sound has been described as a loud pop, an explosion or gunshot, roar, waves crashing against rocks, a ringing noise, or electrical buzzing. In some cases an accompanying brief flash of video "static" is also seen. [1,5]

## **How does it feel to go out of body and then reenter?**

Leaving is sometimes experienced as slipping out of the body with accompanying physical sensations. Other reports indicate no sense of leaving, and only a realization of being focused in a different point of view. Re-entering is similar. Some people experience a jarring sensation of realigning with their physical body, while others simply realize they're back in their physical body.

## **Are flying dreams OBEs?**

Several experimenters have suggested that flying dreams could be non-conscious OBEs. Sylvan Muldoon thinks we go out of our bodies every night during our sleep to re-energize our systems.

## **What is the difference between clairvoyance and OBE vision?**

Clairvoyance is defined as "clear seeing." A clairvoyant impression is usually seen as a mental image in front of or behind the eyes. There is no sense of having been at the actual scene, and the feeling is that the image was "received."

## **Is it possible to see the "double" of another person?**

Many have reported seeing the double of another person. The Doppelgänger phenomenon,

reported fairly frequently in Europe, is an example of seeing the double of another.

## **Will I see my physical body during an OBE?**

Spontaneous experiences often involve rising several feet and looking down at your physical body. Many people also report seeing their physical bodies from points of view out in space.

## **Can I go from a dream into an OBE?**

Some authors recommend working through dream control to out-of-body states. The trick is to bring your consciousness to the dream state and exert some control over your dream. Waking up mentally but not physically can be achieved in a lucid dream, and through practice you can shift the subject matter of your dream toward an OBE

## **Will I experience emotions during OBEs?**

Emotions such as joy, exhilaration, fear, anxiety, love, psychic pain, grief, and curiosity are reported in OBEs. People often report a sense of freedom and well-being they have never before experienced.

## **What is the “mind awake-body asleep” state?**

Falling asleep physically without losing wakefulness, or the “Mind Awake, Body Asleep” state, is widely suggested as a cause of both voluntary and involuntary OBEs. Both Robert Monroe and Robert Bruce feel that deliberately teetering between awake and asleep states causes spontaneous trance episodes at the onset of sleep which are ultimately helpful when attempting to induce an OBE. [3,4]

## **How do I return to my body?**

You may fade into dreaming, or may awake with a feeling of suddenly “popping” or “snapping” into your body. Most people simply report waking up, but some report consciously returning to their physical body.

## **How is an astral projection different from an OBE?**

Astral projection is a paranormal interpretation of an OBE that assumes the existence of one or more non-physical planes of existence and an associated body beyond the physical. Such planes are commonly referred to as astral or etheric planes. Astral projection is then said to be an experience of the astral body leaving the physical body to travel in the astral plane.

## **How is a near death experience (NDE) different from an OBE?**

NDEs often include factors not present in typical OBE, including subjective impressions of being outside the physical body, visions of dead relatives and religious figures, and transcendence of one's ego and spatiotemporal boundaries. The experience may include: a sense of being dead, a feeling of peace, an out-of-body experience or a tunnel experience – and may include an encounter with helpers, spiritual guides, or similar forces or beings. [7]

## **Do OBEs prove survival after death?**

Data about OBES from a book such as Moody's "Life After Life" suggest that a conscious entity survives our bodily death. Interestingly, the majority of people who have had an OBE say they lost their fear of death.

## **Does consciousness exist outside of our brain?**

The first clinical study of NDE's in cardiac arrest patients was conducted by Pim van Lommel, a cardiologist in the Netherlands and his team. Of the 344 patients who were successfully resuscitated after a cardiac arrest, 18% experienced "classic" NDE's which included OBE experiences. [8]

The patients recalled the details during their cardiac arrest, despite being clinically dead (flat-lined brain stem activity.) Van Lommel concluded that the patients' consciousness had continued in spite of the lack of neuronal activity in their brain. He theorized that continuity of consciousness may be possible if the brain acts as a receiver for information generated by memories and consciousness existing independent of the brain – just as radio, television and internet information exists independently of the instruments that receive it. [9]

## Appendix “A” References

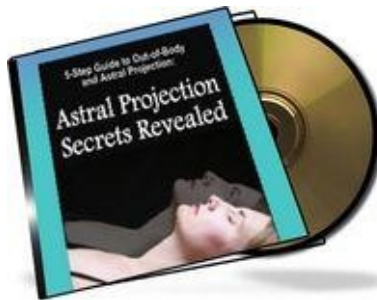
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## —APPENDIX “B”— **Additional Resources**

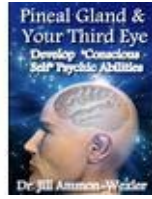
### **The next logical step... The Ultimate OBE AUDIO Collection**



Are you **SERIOUS** about experiencing remote viewing, astral projection, soul travel, OBEs and **HIGHER LEVELS OF CONSCIOUSNESS**? The author is a world renowned 45-year pioneer in brain/mind research, and has taught thousands of people around the world how to increase their mind power and achieve higher states of awareness and consciousness. She was also among the group of people who first discovered exactly how the brains of meditators are different.

Dr. Ammon-Wexler has prepared a **UNIQUE** collection of guided visualizations audios and brainwave trainings to help you **RAPIDLY ACHIEVE HIGHER STATES OF AWARENESS AND CONSCIOUSNESS** – and *also* experience voluntary projections/OBEs, if you also want to have this experience. This specially engineered collection of MP3s is valued at \$52.80, but is available to book buyers using the below special link for only \$19.99 => <http://buildmindpower.com/audios.html>

### **Open Your Third Eye**



If you enjoyed the OBE/Astral Projection book, here's another Kindle book by Dr. Ammon-Wexler that you're very likely to enjoy. Discover the scientific proof that we DO have a third eye, learn several ways to activate your third eye (including a surprising toe massage technique), and explore exactly how our levels of motivation determine our higher states awareness. **Go read the first two chapters here free:** <http://www.amazon.com/dp/B0064GMJQM>

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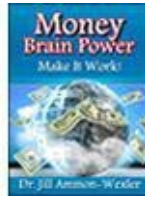
## **The Quantum Leap Guide**



Yet another popular Kindle book by Dr. Ammon-Wexler takes you step-by-step into your own mind and reveals the secrets of tapping into your own natural genius ... unleashing your hidden powers of motivation ... and even turning back the clock on the brain-based aging process. You come out the last page of the book into an exciting new and empowered version of YOU – a literal quantum leap! **Go explore the first two chapters of this unusual book:** <http://www.amazon.com/dp/B0073V7VOM>

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## **Money Brain Power: Make it Work!**



Do you have a desire to have more money in your life? Most people today will obviously say yes. If this is your response, I have a short but powerful book for you. “MONEY BRAIN POWER: MAKE IT WORK” Is based on what I did in my own life to become a self-made millionaire, and also what I have taught both on the corporate level and to thousands of now more prosperous people from around the world. Take the steps laid out in this book, and you WILL create more financial abundance in your life. Read the first few pages here: <http://www.amazon.com/dp/B0060SI7K6>

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## Want to Go Deeper Yet?



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## About the Author



Author and mind power expert  
Dr. Jill Ammon-Wexler

Dr. Jill Ammon-Wexler is a doctor of transformational psychology, pioneer brain/mind researcher, and author of over 20 books. She is also a committed “life adventurer” with a passion for finding, and then pushing beyond, her personal “limits.” She has pursued higher states of consciousness since her late teen years, first climbed a mountain alone at age 16, and then had to find her way down the mountain in a wild snow storm.

She also became lost several times in the deeply hidden wildernesses of California, navigating out by the stars. Over the years she was chased by a white shark (obviously unintentional), and went eye-to-eye with a wild mountain lion (on purpose).

During her university years she studied with amazing leaders like Fritz Perls and Alan Watts. She also walked on fire, did sweat lodges, studied with shamanic elders, and become the holder of a coyote talking stick, and continued to look for scientific correlates to metaphysics and extrasensory perception (ESP).

After receiving her Masters degree in psychology, she shaved her head and spent 6 months in a monastic Buddhist retreat. Then at the recommendation of Gia Fu-Feng — the resident guru — spent the next 6 months with only a Buffalo nickel in her pocket wandering the coastline of California teaching and living off “trust.”

She then completed a PhD in psychology, became an Ericksonian hypnotherapist and certified clinical biofeedback provider, and began her professional career as a pioneer mind power trainer and personal transformation coach.

Over the years she served as a consultant to the Pentagon and President Jimmy Carter's Special Presidential Commission on Women in Business. She also discovered a surprising artistic talent, and has traveled through several countries searching for yet more wisdom and adventure.

Dr. Jill's personal websites include:

<http://www.jillammonwexler.com> (more books)

<http://www.buildmindpower.com> (article blog and training programs)

<http://www.zoeydrake.com> (transformational novels)



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